

Swim Instructor Aide

Pre-Requisite: Level 4 or Blast 1 swimming ability. Enjoy working with kids? Learn how to assist swimming instructors with swimming lessons! After successful completion of class, year round volunteer opportunities exist with City of Longmont swimming lessons!



11 & up: Jan 24 & 31, Sun, 3-5pm 121242.1A
Mar 6 & 13, Sun, 3-5pm 221242.2A
April 17 & 24, Sun, 3-5pm 221242.3A

Location: Centennial Pool, 1201 Alpine St

11 & up: Jan 19 & 21, Tue & Thurs, 4-6pm 121242.1B
Feb 9 & 11, Tue & Thurs, 4-6pm 221242.2B
Mar 8 & 10, Tue & Thurs, 4-6pm 221242.2C
Apr 19 & 21, Tue & Thurs, 4-6pm 221242.3B
May 10 & 12, Tue & Thurs, 4-6pm 221242.3C

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$20 resident / \$25 non-resident

Babysitter's Training

This course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Participants will develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism.



11 to 16 yrs:

Dec 28, Mon, 10:30am- 6pm 421231.3
Mar 19, Sat 10-5:30pm 221231.1

Location: Longmont Recreation Center, 310 Quail Rd

Jan 15, Fri, 9am- 4:30pm 121231.1
Feb 15, Mon, 9am- 4:30pm 121231.2

Location: Centennial Pool, 1201 Alpine St

Fee: \$55 resident/\$68.75 non-resident

Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children. Great for both experienced and novice sitters.

12 to 18 years:

Dec 21-22, Mon-Tue, 10:30am-3:30pm 421232.1
Apr 5 & 7, Tue & Thurs, 11am- 4pm 221232.1

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$90 resident/\$112.50 non-resident

Babysitter's Practicum

Have you taken Babysitter's or Swim Instructor Aide Training and want to put your skills to work in a supervised environment? Join us for Parents' Night Out to practice in a supportive setting! This is a FREE volunteer opportunity. Bring a swim suit, towel and dry clothes. Light meal & snacks provided.

11 to 18 years:

Feb 13, Sat, 4- 9pm 121233.1
Mar 12, Sat, 4-9pm 221233.1
Apr 9, Sat, 4-9pm 221233.2

Location: Centennial Pool, 1201 Alpine St

Babysitter's Training INSTRUCTOR Course

Become an American Red Cross Babysitter's Training Instructor. Must be 16 years or older and have experience or knowledge of child care skills. For more information, call 303-774-4827. Paid instructor positions available with the City!

16 & up: Jan 21-Feb 11, Thurs, 5-8:30pm 221234.1

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$90 resident/\$113 non-resident

\$50 pending employees (must submit application by end of course)



CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 & up: Feb 9 & 11, T & Th, 5-7pm 211221.1A

Location: Centennial Pool, 1201 Alpine St

12 & up: Apr 10, Sun, 11am-3pm 211221.1B

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$65 resident/ \$81.25 non-resident

CPR/AED & First Aid

This American Red Cross course covers CPR & AED for adults, children and infants and First Aid.

12 & up: Jan 10, Sun, 11am-5pm 111223.1A

Mar 14 & 16, M & W, 5:30-8:30pm 211223.1A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$85 resident/ \$106.25 non-resident

First Aid

The American Red Cross First Aid Basics.

12 & up: Feb 3, Wed, 5:30-8:30pm 111222.1A

Apr 16, Sat, 9am-12pm 211222.1A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$50 resident / \$62.50 non-resident

Wilderness and Remote First Aid

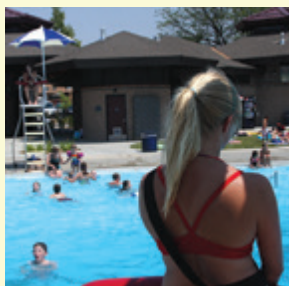
Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. ***Must have CPR certification prior to class.***

14 & up: Feb 26-27; Fri 5-9pm & Sat 9am-5pm 111224.1A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$75 resident/\$93.75 non-resident

We will bring CPR, AED, and/or First Aid Classes to your group of 6 or more! Please contact Heather to set up a date at heather.deal@longmontcolorado.gov.



Looking to apply for a job with the City of Longmont?

Join the City of Longmont Team!

Here's how:

To view and apply for current job openings at the City of Longmont, please check out our website at: www.LongmontColorado.gov

- Click on the Jobs Tab on the top of the webpage
- Select the Requisition number of the position you are interested in and click the Apply Online prompts to apply.
- Be sure to review the system requirements before applying on-line
- Once you have used our on-line application system, remember your username and password to use when applying in the future.

Tips for applying on-line:

- Be thorough! List any certifications you may have or anticipate receiving. For example: if you are applying for a lifeguard position in March, but are enrolled in the April/May lifeguard class, be sure to note that on your application.
- List any skills that may be applicable to your application. Are you in Spanish 4? Put it down!
- Certified in First Aid and/or CPR? Put it down!
- Include a full work history and specify the skills you have to succeed in the job you are applying for.
- Attach a resume and/or cover letter.

Thank you for choosing the City of Longmont!

Hiring for Summer Pool staff begins in February 2016!

Hiring for Aquatic staff (Lifeguards, Swim Instructors and Pool Managers) happens year round! If you want to secure your summer job - summer interviews begin in February - apply Early!

ARC Lifeguard Training

Pre-Requisite: Must be 15 years old before the last class; 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl or Breaststroke. Treading water for 2 minutes and diving into 10ft of water to retrieve 10lb brick. Learn the basics of lifeguard skills and practices. First Aid and CPR/AED for Lifeguards included. Register at least 1 week before the first class date to ensure books. Mandatory Pre-Test will be the first hour of the first class. All students will be evaluated on the Pre-Requisite.

15 & up: Dec 29 & 30, Jan 2 & 3;
M/Tu/F/Sat, 9am-5pm 421211.1A

15 & up: Apr 6-9; Wed-Sat, 9am-6pm 221211.1A

Location: Centennial Pool, 1201 Alpine St

15 & up: Apr 11-May 2; Mon, 5-8:30pm
& Sun, 10am-5:30pm 211211.2A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$160 resident/ \$200 non-resident/
\$90 pending employee

ARC Blended Lifeguard Training

Short on time, but still want to become a lifeguard? Blended learning allows you to learn at your own pace, online, while learning and perfecting the Lifeguard, CPR and First Aid practical skills in class. Perfect for the independent learner. Register at least 1 week before the first class date to ensure enrollment of online course. Must have access to computer and printer.

Pre-requisite: see ARC lifeguard training description.

15 & up: Feb 1-10, M & W, 9am-3pm 111211.1A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$160 resident/\$200 non-resident/
\$90 pending employee

Water Safety Instructor (WSI) Training

Pre-Requisite: 16 yrs old before last class day and ability to swim all 4 competitive strokes, Elementary Backstroke and Sidestroke proficiently. Learn how to teach others to swim. Bring swim suit(s), towel(s), pen and highlighter and food to get you through. Registration ends one week prior to the start of class so participants can get enrolled and complete pre-requisite classwork through the American Red Cross website. *Dec is a blended learning class; online work is required.

16 & up: *Dec 28-30, Mon-Wed, 9am-6pm 421241.3

16 & up: Apr 12-May 17, Tue, 6-9pm
& Apr 24-May 1, Sun, 12-6pm 221241.1

Location: Centennial Pool, 1201 Alpine St

Fee: \$130 resident / \$162 non-resident / \$55 pending employee + \$35 payable to ARC online, link provided upon registration

Longmont Swim Instructor (LSI) Training

Become certified to teach swimming lessons for the City of Longmont! The LSI training prepares you to teach City of Longmont's pre-school swim lessons (youth 3-5 years) and Blast lessons (youth 5-10 years).

Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last day of class. Must submit job application by last day of class.

15 & up: Feb 14 & 15, Sun & Mon, 9-4pm 121243.1

Apr 4 & 5, Mon-Tue, 9-4pm 221243.2

Apr 26-May 5, Tue & Thurs, 4-7pm 221243.3

Location: Centennial Pool, 1201 Alpine St

Fee: \$50 resident/\$62.50 non-resident

CARA SWIM TEAM

Pre-Requisite: 6-10 & 11-14 groups: Ability to swim one length of pool freestyle with rotary breathing and backstroke without stopping or using assistance.
Pre-Requisite- 11-18 group: knowledge of all 4 competitive strokes and swim 200 yards freestyle with rotary breathing. All participants will be evaluated on the first day of practice. CARA swimming is a recreational swim team for youths ages 6-18 who are not USS swimmers. Please register for the age group that your child will be on the first day of practice. Swimmers compete according to their age on January 1, 2016.

Centennial Tsunami CARA:

Practice: Jan 5-Apr 28 *No practice 4/5-4/7
Days: Tuesdays & Thursdays
Parent Meeting: Jan 7, 6:15PM
Meets: Sat, Feb 20 Home; Sun, Mar 13 Foothills; Sun, Apr 3 Northglenn

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	5:30-6:15pm	121112.1A	\$105/\$130
8-10 yrs	6:15-7pm	121112.2A	\$105/\$130
11-14 yrs	5:30-6:30pm	121113.1A	\$108.75/\$136
11-18 yrs	6:30-7:45pm	121114.1A	\$112/\$140

Longmont Recreation Center CARA: The Piranhas

Practice: Jan 4-Apr 27 *No practice 4/4-4/6
Days: Mondays & Wednesdays
Parent Meeting: Jan 6, Wed, 5pm
Location: Longmont Recreation Center, 310 Quail Rd
Meets: Sat, Feb 20 Home; Sun, Mar 13 Foothills; Sun, Apr 3 Northglenn

Age Group	Time	Code	Fee
6-8 yrs	4:15-5:00pm	111112.1A	\$105/\$130
8-10 yrs	5:05-5:50pm	111112.1B	\$105/\$130
9-14 yrs	4:15-5:15pm	111113.1A	\$108.75/\$136
9-14 yrs	5:55-6:55pm	111113.1B	\$108.75/\$136
10-16 yrs	5:20-6:20pm	111114.1A	\$108.75/\$136
11-18 yrs	6:25-7:40pm	111115.1A	\$112/\$140

CARA Stroke Clinic

Pre-Requisite: Ability to swim one length of the pool (25 yards) of each stroke; freestyle, backstroke, breast-stroke, butterfly.

This is a great opportunity to fine tune already existing strokes. Clinic will be technique and drill driven, focusing on a different stroke each day. Age is determined by your child's age on the first day of class.

Date:	May 3-12, Tuesday & Thursday		
Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	5:30-6:15pm	221132.1A	\$25/ \$31.25
8-10 yrs	6:15-7:00pm	221132.2A	\$25/ \$31.25
9-14 yrs	5:30-6:30pm	221133.1A	\$28/ \$35
11-18 yrs	6:30-7:30pm	221133.2A	\$28/ \$35
Location:	Centennial Pool, 1201 Alpine St		

Swim Practice & Stroke Clinics

For swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water and helping each swimmer reach his or her potential. *No class Apr 5, 7, or 9. \$15 Drop-in available with coach approval: contact swimcoachgeoff@gmail.com.

8-18 yrs:	Tue & Thurs, 4-5pm; Sat, 10:30-11:30am
	Jan 5-30 126440.1
	Feb 2-27 126440.2
	Mar 1-26 226440.3
	Mar 29-Apr 30* 226440.4
	May 3-28 226440.5

Instructor: Geoff Hawksworth
T/Th Location: Longmont Recreation Center, 310 Quail Rd
Sat Location: Centennial Pool, 1201 Alpine St
Fee: \$100 resident/ \$125 non-resident

DIVING LESSONS

Beginner: Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach, basic jumps, front dives and introduction to back dives.

Intermediate: Pre-requisite: Successful completion of Beginner Diving or be able to perform a dive from the diving board with appropriate 4 step approach. Intermediates will work on flexibility, strength, and building various front and back diving skills.

Advanced: Pre-requisite: Must have successful completion of Intermediate Diving and have a willingness to try new dives. Divers must be able to perform front and back dives in straight and tuck position as well as one more advanced skill such as front or back flip, inward dive or reverse dive. Learn inward and reverse dives, flips and twisting dive skills.

7 to 18 years: See charts for days/times
Location: Centennial Pool, 1201 Alpine St

MONDAY	Date	1/4-2/8	Fee	2/15-3/28	Fee	4/11-5/16	Fee
Beginning	5:30-6:15pm	121321.1	\$36/\$45	121321.2	\$42/ \$52.50	221321.3	\$36/\$45
Intermediate	6:20-7:20pm	121331.1	\$40.50/ \$50.75	121331.2	\$47.25/ \$59.25	221331.3	\$40.50/ \$50.75
TUESDAY	Date	1/5-2/9	2/16-3/22	4/12-5/17	Fee		
Beginning	5:30-6:15pm	121323.1	121323.2	221323.3	\$36/\$45		
Intermediate	6:20-7:35pm	121343.1	121343.2	221343.3	\$43.50/\$54.50		
THURSDAY	Date	1/7-2/11	2/18-3/24	4/14-5/19	Fee		
Intermediate	5:30-6:30pm	121335.1	121335.2	221335.3	\$40.50/ \$50.75		
Advanced	6:35-7:50pm	121345.1	121345.2	221345.3	\$43.50/\$54.50		
SUNDAY	Date	1/10-2/14	2/21-4/3*	Fee	4/10-5/22	Fee	
Advanced	2-3:15pm	121347.1	121347.2	\$43.50/\$54.50	221347.3	\$50.75/ \$63.50	
Beginning	3:20-4:05pm	121327.1	121327.2	\$36/\$45	221327.3	\$42/ \$52.50	
Intermediate	4:10-5:10pm	121337.1	121337.2	\$40.50/ \$50.75	221337.3	\$47.25/ \$59.25	

* NO CLASS 3/27- Easter



Learn to Swim Programs with the City of Longmont

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults (see page 15 & 16 for Adult and Teen swim lessons). Below in the colored boxes are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.



New! Time Friendly Swim Lessons

Get all your kids in and out of swim lessons in less than an hour! Our new time friendly swim lessons are designed to offer more class options at the same time with the goal to minimize wait times between classes. Sign up for a time frame that best works with your schedule. Register for a Preschool (Turtle, Alligator, Seal) or an American Red Cross (Level 1,2,3,4) time slot. At the beginning of the session students are divided into appropriate classes during the first 5 minutes. All time friendly class offerings are 35 minutes.

Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-2, but further divides the skills to provide a learning environment better suited for preschoolers. **3-5 years old • Lessons are 30 min**

Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

Parent/Child:

Aquababy & Aquatot

6 months to 3 years old - classes are 30 min - Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated.

Aquababy

6 -18 months. Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

Aquatot

18 months - 3 ½ yrs. Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aqua Baby and work on independence in the water.

Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to add your name/number, pool, time & day preference to the private swim lesson waitlist.

Private Fee:

30 min: \$25 resident/ \$31.25 non-resident
45 min: \$35 resident/ \$43.75 non-resident

Semi-Priv. Fee:

30 min: \$35 resident/ \$43.75 non-resident (max. 3 students)

American Red Cross

Learn-to-Swim;

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

6 years & up • Level 1 & 2 are 30 min • Levels 3-4 are 40 min

Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breast-stroke and back crawl.

Water Explorers

2 ½ - 3 years old • Classes are 30 min
Water Explorers is designed as a transition class for children who want more independence than the Aqua Tot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions

Got Goggles?

Goggles are not recommended for Water Explorer, Turtle, Alligator and Level 1 classes. In order to learn proper breath control, goggles that cover the nose are not recommended.

BLAST!

Accelerated Swim Lessons

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min

Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 ft. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

Blast 2: Backstroke

Pre-requisite: front & back streamline kick 15 ft; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

Blast 3: Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 25 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please see private swim lessons.

Indoor Lessons at Centennial Pool

Monday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/8	2/15-3/28	4/11-5/23
	Fee	\$24 / \$30	\$28 / \$35	\$28 / \$35
Water Explorers	9:05 AM	120014.1A	120014.2A	220014.3A
Turtle	10:50 AM	120021.1A	120021.2A	220021.3A
Alligator	10:15 AM	120022.1A	120022.2A	220022.3A
Seal	9:40 AM	120023.1A	120023.2A	220023.3A
	Fee	\$30 / \$37.50	\$35 / \$43.75	\$35 / \$43.75
Beginning Blast	11:25 AM	120140.1A	120140.2A	220140.3A

Wednesday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/6-2/10	2/17-3/30	4/13-5/25
	Fee	\$24 / \$30	\$28 / \$35	\$28 / \$35
Water Explorers	9:05 AM	120014.1B	120014.2B	220014.3B
Turtle	10:50 AM	120021.1B	120021.2B	220021.3B
Alligator	10:15 AM	120022.1B	120022.2B	220022.3B
Seal	9:40 AM	120023.1B	120023.2B	220023.3B
	Fee	\$30 / \$37.50	\$35 / \$43.75	\$35 / \$43.75
Beginning Blast	11:25 AM	120140.1B	120140.2B	220140.3B

Saturday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/9-2/13	2/20-4/2	4/9-5/21
	Fee	\$24 / \$30	\$28 / \$35	\$28 / \$35
Aqua Tot	11:00 AM	120612.1A	120612.2A	220612.3A
Turtle	9:20 AM	120621.1A	120621.2A	220621.3A
	9:55 AM	120621.1B	120621.2B	220621.3B
Alligator	8:45 AM	120622.1A	120622.2A	220622.3A
	9:20 AM	120622.1B	120622.2B	220622.3B
	10:30 AM	120622.1C	120622.2C	220622.3C
Seal	8:45 AM	120623.1A	120623.2A	220623.3A
	9:55 AM	120623.1B	120623.2B	220623.3B
	10:30 AM	120623.1C	120623.2C	220623.3C
Level 1	10:45 AM	120631.1A	120631.2A	220631.3A
Level 2	10:10 AM	120632.1A	120632.2A	220632.3A
Level 3	9:30 AM	120633.1A	120633.2A	220633.3A
Level 4	10:15 AM	120634.1A	120634.2A	220634.3A
	Fee	\$30 / \$37.50	\$35 / \$43.75	\$35 / \$43.75
Beg Blast	8:35 AM	120640.1A	120640.2A	220640.3A
Blast 1	9:35 AM	120641.1A	120641.2A	220641.3A
Blast 2	8:45 AM	120642.1A	120642.2A	220642.3A
Blast 3	10:25 AM	120643.1A	120643.2A	220643.3A
Teen 1	8:40 AM	120651.1A	120651.2A	220651.3A
Teen 2	8:30 AM	120652.1A	120652.2A	220652.3A

Sunday Afternoon				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/10-2/14	2/21-4/3*	4/10-5/22
	Fee	\$24 / \$30	\$24 / \$30	\$28 / \$35
Turtle	2:45 PM	120721.1A	120721.2A	220721.3A
	3:55 PM	120721.1B	120721.2B	220721.3B
	3:20 PM	120721.1C	120721.2C	220721.3C
Alligator	2:45 PM	120722.1A	120722.2A	220722.3A
	3:20 PM	120722.1B	120722.2B	220722.3B
	3:55 PM	120722.1C	120722.2C	220722.3C
Seal	2:45 PM	120723.1A	120723.2A	220723.3A
	3:20 PM	120723.1B	120723.2B	220723.3B
Level 1	2:45 PM	120731.1A	120731.2A	220731.3A
Level 2	3:20 PM	120732.1A	120732.2A	220732.3A
Level 3	3:55 PM	120733.1A	120733.2A	220733.3A
Level 4	4:40 PM	120734.1A	120734.2A	220734.3A
	Fee	\$30 / \$37.50	\$30 / \$37.50	\$35 / \$43.75
Beginning Blast	3:55 PM	120740.1A	120740.2A	220740.3A
Blast 1	2:35 PM	120741.1A	120741.2A	220741.3A
Blast 2	3:25 PM	120742.1A	120742.2A	220742.3A
Blast 3	4:15 PM	120743.1A	120743.2A	220743.3A
Teen 1	3:40 PM	120751.1A	120751.2A	220751.3A
Teen 2	4:30 PM	120752.1A	120752.2A	220752.3A

* NO CLASS 3/27

Monday & Wednesday Evening						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4*	Ssn 5
	Date	1/4-1/27	2/1-2/24	2/29-3/23	3/28-4/27	5/2-5/18
	Fee	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$24 / \$30
Turtle	4:50 PM	120121.1A	120121.2A	220121.3A	220121.4A	220121.5A
	5:25 PM	120121.1B	120121.2B	220121.3B	220121.4B	220121.5B
Alligator	4:15 PM	120122.1A	120122.2A	220122.3A	220122.4A	220122.5A
	4:50 PM	120122.1B	120122.2B	220122.3B	220122.4B	220122.5B
	5:25 PM	120122.1C	120122.2C	220122.3C	220122.4C	220122.5C
Seal	4:15 PM	120123.1A	120123.2A	220123.3A	220123.4A	220123.5A
	6:00 PM	120123.1B	120123.2B	220123.3B	220123.4B	220123.5B
Level 1	4:00 PM	120131.1A	120131.2A	220131.3A	220131.4A	220131.5A
Level 2	4:35 PM	120132.1A	120132.2A	220132.3A	220132.4A	220132.5A
	Fee	\$40 / \$50	\$40 / \$50	\$40 / \$50	\$40 / \$50	\$30 / \$37.50
Beg Blast	6:00 PM	120140.1A	120140.2A	220140.3A	220140.4A	220140.5A
Blast 1	4:20 PM	120141.1A	120141.2A	220141.3A	220141.4A	220141.5A
Blast 2	5:10 PM	120142.1A	120142.2A	220142.3A	220142.4A	220142.5A
Blast 3	6:00 PM	120143.1A	120143.2A	220143.3A	220143.4A	220143.5A
Teen 1	5:10 PM	120151.1A	120151.2A	220151.3A	220151.4A	220151.5A
Teen 2	6:00 PM	120152.1A	120152.2A	220152.3A	220152.4A	220152.5A

*NO CLASS 4/4 & 4/6

Teen 1: Learning the Basics

Teen 1 focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

Teen 2: Endurance and Stroke Enhancement

Teen 2 focuses on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

Indoor Lessons at Longmont Recreation Center

Tuesday & Thursday Morning

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4*	Ssn 5
	Date	1/5-1/28	2/2-2/25	3/1-3/24	3/29-4/28	5/3-5/26
	Fee	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$32 / \$40
Water Explorers	10:40 AM	110214.1A	110214.2A	210214.3A	210214.4A	210214.5A
Turtle	8:55 AM	110221.1A	110221.2A	210221.3A	210221.4A	210221.5A
	10:05 AM	110221.1B	110221.2B	210221.3B	210221.4B	210221.5B
Alligator	9:30 AM	110222.1A	110222.2A	210222.3A	210222.4A	210222.5A
	10:05 AM	110222.1B	110222.2B	210222.3B	210222.4B	210222.5B
Seal	9:30 AM	110223.1A	110223.2A	210223.3A	210223.4A	210223.5A
	Fee	\$16 / \$20	\$16 / \$20	\$16 / \$20	\$16 / \$20	\$16 / \$20
Aquababy Tu AM	8:55 AM	110211.1A	110211.2A	210211.3A	210211.4A	210211.5A
Aquatot Th AM	8:55 AM	110212.1A	110212.2A	210212.3A	210212.4A	210212.5A
	Fee	\$40/ \$50	\$40/ \$50	\$40/ \$50	\$40/ \$50	\$40/ \$50
Beg Blast	10:40 AM	110240.1A	110240.2A	210240.3A	210240.4A	210240.5A

*NO CLASSES APRIL 5 & 7

Tuesday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/5-2/9	2/16-3/29	4/12-5/17
	Fee	\$24 / \$30	\$28 / \$35	\$24 / \$30
Preschool	4:00 PM	110327.1A	110327.2A	210327.3A
	4:40 PM	110327.1B	110327.2B	210327.3B
	5:20 PM	110327.1C	110327.2C	210327.3C
Levels 1-4	4:00 PM	110337.1A	110337.2A	210337.3A
	4:40 PM	110337.1B	110337.2B	210337.3B
	Fee	\$30/ \$37.50	\$35 / \$43.75	\$30/ \$37.50
Beg Blast	5:20 PM	110340.1A	110340.2A	210340.3A
Blast 1	5:20 PM	110341.1A	110341.2A	210341.3A
Blast 2	5:20 PM	110342.1A	110342.2A	210342.3A
Blast 3	6:10 PM	110343.1A	110343.2A	210343.3A
Teen 2	6:10 PM	110352.1A	110352.2A	210352.3A

Wednesday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/6-2/10	2/17-3/30	4/13-5/25
	Fee	\$24 / \$30	\$28 / \$35	\$28 / \$35
Turtle	12:00 PM	110421.1A	110421.2A	210421.3A
Alligator	12:35 PM	110422.1A	110422.2A	210422.3A
	1:10 PM	110422.1B	110422.2B	210422.3B
Seal	12:35 PM	110423.1A	110423.2A	210423.3A
	1:10 PM	110423.1B	110423.2B	210423.3B
	Fee	\$30 / \$37.50	\$35 / \$43.75	\$35 / \$43.75
Beg Blast	1:45 PM	110440.1A	110440.2A	210440.3A
Blast 1	12:00 PM	110441.1A	110441.2A	210441.3A
Blast 2	12:55 PM	110442.1A	110442.2A	210442.3A
Teen 1	1:45 PM	110451.1A	110451.2A	210451.3A

Thursday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-3/31	4/14-5/19
	Fee	\$24 / \$30	\$28 / \$35	\$24 / \$30
Water Explorers	4:00 PM	110514.1A	110514.2A	210514.3A
Turtle	4:00 PM	110521.1A	110521.2A	210521.3A
	4:35 PM	110521.1B	110521.2B	210521.3B
	5:10 PM	110521.1C	110521.2C	210521.3C
Alligator	4:00 PM	110522.1A	110522.2A	210522.3A
	4:35 PM	110522.1B	110522.2B	210522.3B
	5:10 PM	110522.1C	110522.2C	210522.3C
Seal	4:35 PM	110523.1A	110523.2A	210523.3A
	5:10 PM	110523.1B	110523.2B	210523.3B
Level 1	5:40 PM	110531.1A	110531.2A	210531.3A
Level 2	4:45 PM	110532.1A	110532.2A	210532.3A
Level 3	4:00 PM	110533.1A	110533.2A	210533.3A
Level 4	4:45 PM	110534.1A	110534.2A	210534.3A
	Fee	\$30/ \$37.50	\$35 / \$43.75	\$30/ \$37.50
Beginning Blast	4:00 PM	110540.1A	110540.2A	210540.3A
Blast 1	4:00 PM	110541.1A	110541.2A	210541.3A
Blast 2	4:50 PM	110542.1A	110542.2A	210542.3A
Blast 3	5:30 PM	110543.1A	110543.2A	210543.3A
Teen 1	5:20 PM	110551.1A	110551.2A	210551.3A

Sunday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/10-2/14	2/21-4/3*	4/10-5/22
	Fee	\$24 / \$30	\$24 / \$30	\$28 / \$35
Aquababy	9:05 AM	110711.1A	110711.2A	210711.3A
Aquatot	9:40 AM	110712.1A	110712.2A	210712.3A
Water Explorers	8:30 AM	110714.1A	110714.2A	210714.3A
Preschool	8:30 AM	110727.1A	110727.2A	210727.3A
	9:10 AM	110727.1B	110727.2B	210727.3B
	9:50 AM	110727.1C	110727.2C	210727.3C
	10:30 AM	110727.1D	110727.2D	210727.3D
Level 1, 2, 3	8:30 AM	110738.1A	110738.2A	210738.3A
	9:10 AM	110738.1B	110738.2B	210738.3B
Level 2, 3, 4	9:50 AM	110739.1A	110739.2A	210739.3A
	10:30 AM	110739.1B	110739.2B	210739.3B
	Fee	\$30 / \$37.50	\$30 / \$37.50	\$35 / \$43.75
Beg Blast	8:30 AM	110740.1A	110740.2A	210740.3A
Blast 1	9:15 AM	110741.1A	110741.2A	210741.3A
Blast 2	10:05 AM	110742.1A	110742.2A	210742.3A
Blast 3	10:55 AM	110743.1A	110743.2A	210743.3A
Teen 1	10:15 AM	110751.1A	110751.2A	210751.3A
Teen 2	11:10 AM	110752.1A	110752.2A	210752.3A

*NO CLASS ON 3/27

 **New! Time Friendly Swim Lessons**
Available Tuesday Afternoons & Sunday Mornings exclusively at the Longmont Recreation Center!

Get all your kids in and out of swim lessons in less than an hour! Sign up for a time frame that best works with your schedule. Register for a †Preschool (Turtle, Alligator, Seal) or an †American Red Cross (Level 1,2,3,4) time slot. At the beginning of the session students are divided into appropriate classes during the first 5 minutes. All time friendly class offerings are 35 minutes.

Marc Evans, ME3: Swim, Bike & Run Clinics

Technique is taught along with individual movement screenings, video analysis, core and improving load-transfer skills to help you break through your barriers and gain efficiency. Enrollment is limited to 4 students to provide quality 1-on-1 instruction. Sorry, no refunds. Money may be transferred to another 2016 ME3 clinic. Detailed

information: www.MarcEvansEnduranceEducation.com.

Instructor: Marc Evans

Swim Location: Centennial Pool, 1201 Alpine St

Bike & Run Location: ESPR Sports Physical Therapy, 600 S. Airport Bldg B, Ste C

Fee: \$200 resident/ \$250 non-resident

Swimming Clinics	Code	Biking Clinics	Code	Running Clinics	Code
Jan 9, Sat, 11-3pm	123915.1A	Jan 24, Sun, 11-3pm	103915.1A		
Feb 27, Sat, 11-3pm	123915.2A			Feb 7, Sun, 10-2pm	103915.2A
Mar 19, Sat, 11-3pm	223915.3A	Mar 6, Sun, 11-3pm	203915.3A		
Apr 16, Sat, 11-3pm	223915.4A			Apr 24, Sun, 11-3pm	203915.4A

Adult Learn-to-Swim

Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

Centennial Pool	Saturday	1/9-2/13	2/20-4/2	4/9-5/21
	Time/Fee	\$31.50/ \$39.50	\$36.75/ \$46	\$36.75/ \$46
Adult 1	9:20 AM	120661.1A	120661.2A	220661.3A
Adult 2	11:30 AM	120662.1A	120662.2A	220662.3A
	Sunday	1/10-2/14	2/21-4/3*	4/10-5/22
	Time/Fee	\$31.50/ \$39.50	\$31.50/ \$39.50	\$36.75/ \$46
Adult 1	2:00 PM	120761.1A	120761.2A	220761.3A
Adult 2	2:50 PM	120762.1A	120762.2A	220762.3A
* NO CLASS 3/27				
Longmont Recreation Center	Sunday	1/10-2/14	2/21-4/3*	4/10-5/22
	Time/ Fee	\$31.50/ \$39.50	\$31.50/ \$39.50	\$36.75/ \$46
Adult 1	7:40 AM	110761.1A	110761.2A	210761.3A
Adult 2	11:10 AM	110762.1A	110762.2A	210762.3A
* NO CLASS 3/27				

Beginning Masters Swimming

Not quite ready for Masters Swimming? Beginning Masters can get you there! While catering to your individual needs, you will receive stroke work plus a great workout. This on-going program is recommended for adults who are comfortable swimming 200 yards non-stop.

Masters Swimming

Improve your skills and stamina while using intervals, drills and distance swimming. This on-going program is recommended for adults who are comfortable swimming at least 1000 yards.

Longmont Triathlon

& Try-a-Tri Race Course Overview

Preview and practice the course you will be racing during the Longmont Triathlon Weekend. Bring all of your triathlon race supplies. Great way to get psyched and prepared for the big day!

18 & up: May 21, Sat

Longmont Triathlon 8am-10am 223623.1A
Fee: \$25 resident/ \$31.25 non-resident

Try-a-Tri 10:15am-11:15am 223623.1B
Fee: \$15 resident/ \$18.75 non-resident

Location: Centennial Pool, 1201 Alpine St

Triathlon Training Workshops

Informational and practical based triathlon workshops designed to motivate and refine all aspects of triathlon participation, regardless of the distance! A great way to improve and learn skills in a friendly, supportive setting.

18 & up: Saturdays

Tri Strength Training & Planning:

Jan 9, 11:15am-1:15pm 123622.1

Swim & Swim to Bike Transition:

Feb 6, 11:15am-1:15pm 123622.2

Bike & Bike to Run Transition:

Mar 12, 9-11am 223622.3

Location: Centennial Pool, 1201 Alpine St

18 & up: Saturdays

Run & Nutrition: Apr 23, 9am-11am 223622.4

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$25 resident/ \$31.25 non-resident

KAYAK in the POOL

We provide the WATER, You provide the BOAT! Come to Centennial Pool to keep up with your rolls and braces. Why not take time to perfect your off-side roll or your hand roll? Please wash out all boats in the fenced in patio located on the South end of the pool prior to entering the water (hose provided). Must arrive before 4:30pm.

11 & up: Sat, 4-6pm 121500

Dates: Jan 16 & 30; Feb 6 & 27

11 & up: Sat, 4-6pm 221500

Dates: Mar 19 & 26; Apr 16 & 23

Location: Centennial Pool, 1201 Alpine St

Fee: \$8 resident/ \$10 non-resident

Longmont Masters Winter Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7:15am C	12-1pm LRC	6-7:15am C	12-1pm LRC	6-7:15am C	6:45am-8am C
	7:30-8:30pm *LRC Beg		7:30-8:30pm *LRC Beg	*Begins Jan 5	

C= Centennial Pool- 1201 Alpine St.; LRC= Longmont Recreation Center- 310 Quail Rd.; Beg= Beginning Masters

Couch to Longmont Triathlon & Try-a-Tri

Be a part of a supportive group environment that motivates you to reach your goals of being healthy, fit and successfully finish your sprint or shorter distance triathlon. Bring your swim, bike and run gear to practice.

18 & up:	Mar 7- Mar 30, 5:45-6:30pm	
	Mon (run) & Wed (swim)	223632.1
Fee:	\$50 resident/\$62.50 non-resident	
18 & up:	Apr 11-Jun 1, 5:45-6:30pm	
	Mon (run/bike) & Wed (swim)	223632.2
Fee:	\$100 resident/ \$125 non-resident	
Mon Location:	Lake McIntosh parking lot, 1929 Harvard St;	
Wed Location:	Centennial Pool, 1201 Alpine St	

Youth Triathlon Training

Learn the basics of triathlons including swimming, cycling, running, and transitions. This program encourages kids of all levels to set goals and achieve them, and emphasizes fitness and camaraderie in sport. *No class Apr 5, 7, or 9. \$15 Drop-in available with coach approval: contact swimcoachgeoff@gmail.com.

10-18 yrs:	Tue & Thurs, 4-5pm; Sat 10:30-12pm	
	Jan 5-30	126412.1
	Feb 2-27	126412.2
	Mar 1-26	226412.3
	Mar 29- Apr 30*	226412.4
	May 3-28	226412.5
Instructor:	Geoff Hawksworth	
T/Th Location:	Longmont Recreation Center, 310 Quail Rd	
Sat Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$125 resident/ \$156.25 non-resident	

Athletics



YAB 3rd-8th Grade Basketball: *It's not too late!*

Youth basketball teams have formed but there may still be room! Call René at 303-651-8398 for more information

Free! Denver Nuggets Skill Challenge

Young basketball fans can exhibit their basketball skills when the City of Longmont hosts a free Denver Nuggets Basketball Skills Challenge competition for ages 7 through 14. Boys and girls will compete in separate divisions. Age classification is as of April 30, 2016. The Skills Challenge allows young boys and girls to showcase their talents in dribbling, passing and shooting. It is a youth program co-sponsored by the Colorado Parks and Recreation Association, Denver Nuggets and Arby's. Top scorers in each age group will advance to a sectional competition. Top scorers at the sectional competition advance to the State Championship competition and get tickets to a Denver Nuggets game. Entry forms are available 1 hour prior to the competition.

7 to 14 yrs:	January 2, Saturday, 1pm
Location:	Longmont Recreation Center, 310 Quail Road.
Fee:	Free, registration begins at 12pm

YAB Kindergarten Basketball

An organized team participation program with an emphasis on teamwork, sportsmanship, skill development and fun! Teams will not play games. Includes a t-shirt and a basketball

Kindergarten:	Mar 4-Apr 1, 4:15-5pm	212021.4
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$45 resident/\$56.25 non-resident	

YAB 1&2 Grade Basketball

An organized team participation program with an emphasis on teamwork, sportsmanship, skill development and fun! Teams play 2 exhibition games towards the end of the season on weeknights. Each participant will receive a t-shirt and a basketball

Grades 1 & 2:	Feb 29-Mar 31, 4:15-5pm	
	Mon/Wed	212022.MW
	Tue/Thu	212022.TR
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$55 resident/\$68.75 non-resident	

